



# SABHA NEWS

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*For circulation only among the members*

**e-mail: [sgssabhachennai@yahoo.co.in](mailto:sgssabhachennai@yahoo.co.in)**

**Telephone: 2834 3804**

**Website: [www.sgssabhachennai.com](http://www.sgssabhachennai.com)**

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## EDITOR'S SPEAK: ✍️

The year 2016 began on a sombre note for our GSB community. Our Dharma Guru Shrimad Sudhindra Thirtha Swamiji, head of Shri Kashi Math Samsthan, attained mukti on 17th January. In this 46th edition of the Sabha News we pay tribute to the Guru who headed the community and guided it for more than six decades.

The newsletter covers a report of the review cardiac camp conducted for the underprivileged section of our community by the Sabha in March and the family evening celebrations held in April. We have contributions from members touching upon various aspects. We thank and appreciate the continuing patronage by our regular contributors and look forward to participation by other members to make the Newsletter more interesting. Happy reading!

**Shrimad Sudhindra Thirtha Swami  
(1926 to 2016)**



## SHREE GURUBHYO NAMAHI!

Shrimad Sudhindra Thirtha Swamiji was the 20th head of the Shri Kashi Math Samsthan, a Dharma Peetha of the GSB Community.

The Swamiji's tenure as the head of the Math was long, eventful and fruitful. He headed the community and guided it for over five generations.

His smiling demeanor, affable and soft-spoken nature and immense knowledge of the Hindu religious texts, besides a keen interest in understanding of the day-to-day happenings around him, appealed to all age groups of the community.

Before being initiated into sanyasa, he was known as Sadashiva Shenoy. Born at Ernakulam on March 31, 1926, he completed his

pre-university education at Maharaja's College, Ernakulam. From an early age he had shown inclination towards religious life. The noble traits of his character; his devotion to God, his desire to serve mankind, his honesty, integrity and his love for Hindu Dharma were remarkable.

When Shrimad Sukratindra Thirtha Swamiji, the 19th head of the Shri Kashi Math, was camping at Ernakulam, this young boy attracted his attention and he later selected him as his successor to head the Shri Kashi Math Samsthan.

On May 24, 1944, Sadashiva Shenoy was initiated into sanyasa in Mulky and renamed as Shrimad Sudhindra Thirtha. He felt the need for equipping himself with all the knowledge of the Dharma Shastras and mastered Sanskrit at Bhuvanendra Sanskrit College, Karkala.

Endowed with excellent grasping power, wonderful memory and extraordinary intelligence, he completed his studies within a short time. He studied the Brahma Sutra, The Bhagavad Gita and the Upanishads (Prasthan Traya) and other works in great detail and became a great scholar in Dwaita philosophy, as propounded by Sri Madhvacharya. He learnt the methods of worshipping God according to Agama Shastra and also the traditions of the Shri Kashi Math from his Guru.

After Sukratindra Thirtha Swamiji attained mukthi in Kochi in 1949, Shrimad Sudhindra Thirtha took over as the spiritual head of the Shri Kashi Math Samsthan. He travelled widely from Kanyakumari to Badrinath, meeting his disciples, exhorting them to lead a life of morality and religion. He conducted the pujas to Shri Vyasa-Raghupati with unbound devotion and praying at all times for the welfare of the community. Kindness, compassion, generosity and farsightedness were the strong traits of his way of work.

Shrimad Sudhindra Thirtha Swamiji, like his predecessors, performed many installation and reinstallation ceremonies in various temples.

To continue the tradition and Guruparampara of the Math, Sudhindra Thirtha initiated Samyamindra Thirtha as his successor in 2002.

Swami Sudhindra Thirtha attained mukthi at Vyasashram, Haridwar on 17 January 2016, at the ripe age of 90.

**(As a mark of respect to the Parama Pujya H.H. Shrimad Sudhindra Thirtha Swamiji, aaradhana and bhajans were conducted by the Sabha on 26th January 2016, followed by samaradhana.)**

(Source: The Internet)

## 52nd GANESH CHATURTHI CELEBRATIONS



Our Sabha's 52nd annual Ganesh Chaturthi festival was celebrated with pomp and grandeur at the Sabha for five days from 17th to 21st September 2015, with enthusiastic participation of the community members. On the first day, the celebrations began with the Prathishta ritual at 5.50 a.m, amidst chanting of mantras and slokas.



This was followed by Ganahomam and Sarvajanic Moodganapathi Seva. This year there were two Mahamoodganapathi Sevas and 30 Moodganapathi Sevas, including Sarvajanic Moodganapathi Seva. Rang Puja was performed on the 4th day, 20th September in the evening.

Members of our community participated in large numbers on all the five days in Pujas and Archanas, and bhajans in the evenings.



The visarjan procession on the final day began with a kolattam dance by the senior Mahila Vibhag Members and a dance programme by younger Mahila Members. The idol of Lord Ganesh was placed on a Pallaki adorned with flowers and taken around the campus amidst singing, dancing and chanting of Ganapathy Bappa Morayya, Managla Murti Morayya.



The idol was later immersed in the well at the Sabha premises.

Samaradhana Lunch was provided to the members on all the five days in the afternoon. A widespread, consisting of traditional Konkani food items was served. It was catered by Shri Babuji (Surendra Prabhu) and Shri Ravi Nayak. Under the able guidance of the Managing Committee, support from volunteers and participation by members, the festival was a grand success.



### CARDIAC CAMP REPORT

The third review Cardiac Camp along with Diabetic review, was conducted for the underprivileged section of our community, on 12th & 13th of March 2016 at the Sabha premises. This was the review of the beneficiaries who had attended the earlier camp in the month of March 2015. Totally 115 persons attended the camp and were screened.



The Cardiology department of Sri Ramachandra Hospitals, Porur, headed by Prof. J.S.N. Moorthy, along with other colleagues conducted the Camp.

On 12th (the first day) the registration of all the beneficiaries was done. Height/weight and BP were recorded. The following investigations were done on empty stomach: CBC ( Complete Blood count), Blood Sugar fasting, Blood urea / Serum Creatinine (kidney function test) Lipid profile.

Then all of them were provided with breakfast (The menu was recommended by the nutritional experts). Two hours following the breakfast blood was taken again for estimation of blood sugar. ECG, Ultrasound scan of the abdomen and Echo were also performed.

On the following day, i.e., on the 13th of March all the people were examined with the results by specialist doctors and advised suitable treatment. They were given medicines free of cost for two weeks and B-complex was supplied for one month. Diabetologists from Sri Ramachandra Medical also examined the patients. Dr Dinesh Nayak, Neurologist (a member of our Sabha) examined patients with neurological ailments and advised suitable treatment for them.

Skin specialists and ENT surgeon from SRMC also attended the patients who required treatment. Nutritional specialists talked to the patients on an individual basis and advised diet.

On both the days all the patients, medical staff and volunteers were provided with breakfast, lunch and light snacks.



## KR SHENAI: AN OFFICER AND A GENTLEMAN



President of the Sabha, Mr. A. Arjuna Pai honoured the medical staff, technicians and other paramedical staff. The programme concluded with a vote of thanks by Vice-President Dr. H.R. Shanbhogue.

The former President of the Sabha Sri K.R. Shenai, I.P.S., Director General of Police, Tamil Nadu (Retd.), passed away on 19th October 2015 at the age of 93. He was a member of the Managing Committee of the Sabha in 1978, Vice-President in 1979 and President from 1980 to 1998, a long 18 years. A dedicated and disciplined personality that he was, he presided over the Managing Committee meetings with remarkable efficiency. He supported and guided the committee in decision-making and in activities of the Sabha. He presided over the AGMs with utmost efficiency and gave an opportunity to everyone to participate in the deliberations. His ability in recording the minutes of the meetings was excellent.



Apart from the Sabha, he was also actively associated with the working of SGS Sabha Charitable Trust till he fell ill. He was one of the very few who was respected by all those associated with him. During his tenure as the President, he was a strength to the committee and his support and guidance were invaluable.

During his Presidency, the Sabha celebrated the Platinum Jubilee on 20th July 1987. In his thought-provoking and loudly-acclaimed inaugural speech he paid rich tributes to the founders of the Sabha who were action-oriented stalwarts to whom we owe so much. He said that the high level of intelligence and an even higher level of integrity and a capacity to merge with their environment are the assets of every member of our community. These sterling qualities have helped distinguish ourselves not only in every part of India but also abroad.

He also commended the tireless services of the then Hon. Secretary JS Prabhu maam (ably supported by his wife Koppi Mai), whose brain-child was the Kalyana Mandap which enjoys a unique reputation in Chennai.

On 21st October 1998 he and JS Prabhu (Parab mam) were felicitated on their retirement for their inestimable and distinguished services to our community and to the Sabha in particular – Parab Mam for his glorious record of 36 years as Hon. Secretary and Treasurer of our Sabha and Shenai Mam as a very supporting and understanding President for a record period of 18 years.

Shenai Mam was felicitated at the Sabha's Centenary Year Inaugural Day on 4th February 2012 for his unstinted support and guidance to the Sabha.

Even after his retirement from service as Police Chief of Tamil Nadu, Shenai Mam was instrumental in providing police bandobust during our Poojya Guruji H.H. Shrimad Sudhindra Thirtha Swamiji's many visits to Chennai and once to Rameshwaram, right from His arrival at Central Railway Station till His departure.

He was very kind and considerate towards the staff of Sabha office. He never missed mentioning their dedicated work whenever he spoke at functions and gatherings at the Sabha. In his speech at the inaugural of the Sabha's Centenary Year celebrations, he congratulated the staff for their continuous, long and dedicated service.

His passing away is not only an irreparable loss to the Sabha but the entire GSB community in Chennai. He was indeed a Royal Lion.

## FAMILY EVENING 2016

The SGS Sabha, and its Mahila Vibhag, organised the Annual Family Day on April 14, 2016. Competitions, outdoor games, lucky draws and fun games were organized as part of the programme. It provided an opportunity to showcase talent among our members and their families.

A drawing and painting competition was held for children below 14 years of age in 3 different age groups. A Test Your Vocabulary contest was organized by Mr Devdas Kamath for participants in three different age groups. Greeting- card making competition brought out the creative talent among our members.

There was good response from participants to these competitions.

As part of the variety entertainment programme, a fancy dress competition was organized for kids under two different age groups. In the fashion show contest, our ladies turned showstoppers and walked the ramp in colourful and vibrant costumes. Answering questions with poise and confidence, the participants proved that it was a show of beauty and the brain.

A Konkani drama 'All-round Pundalik' was presented by ladies. The theme centered around a small-town man Pundalik, who by the gift of the gab, helps solve problems of people in his town and earns the moniker 'all round' Punda!

A patriotic dance 'Bharat Anoka Desh Hai-Jai Hind' by ladies celebrated the spirit of India.

The elegant and graceful movements of the dancers in a fusion of Kathak, Bharatanatayam and semi-classical provided a visual treat to the audience.

On the occasion, the Sabha honoured 82-year-old Mrs Meera Prabhu for being a part

of the team that won the Guinness Record for making the largest crochet blanket measuring 11,148.5 sq mts.

The programme concluded with the prize distribution and National Anthem.







## VERSATILITY WAS HIS STRENGTH

**K R BALIGA (1931-2015)**



K R Baliga (KRB), a dynamic, disciplined and committed member of our Sabha served as Treasurer in the Managing Committee of the SGS Sabha from 1998 to 2010.

Earlier, he served in the Indian Audit & Accounts Service.

KRB played an important role in improving the Sabha infrastructure and operating efficiency.

He shared a great working relationship and good rapport with the other committee members and the office staff.

KRB worked tirelessly for the success of the Sabha's centenary celebrations with prime focus on the compilation of the Centenary Souvenir. Meticulously going through the Sabha archives, he compiled the Sabha's history christened "Footprints on the sands of Time", besides providing guidance to all the other contributors.

A person well-versed in spiritual texts and with a keen interest in Konkani language and culture, he is remembered for his oratorical skills in both Konkani and English, during Sabha functions and programmes, especially during Ganesh Chaturthi celebrations. One can always recall the chanting of the Ganesh Ashtothara by KRB, which is played on CD during the Chaturthi celebrations. Also, the systematic organization of the Ganesh

Chaturthi celebrations every year was mainly due to his ability to bring people together and work as a team.

Besides his contributions to the Sabha, he was a champion of social causes. He helped and guided many non-government organizations, engaged in the field of mental health and disability. KRB adopted a 'hands-on' approach to work and never allowed "Grass to grow under his feet" (in his own words).

In his demise, the Sabha has lost an active member and his orotund voice will continue to reverberate in our ears for years to come.

## DR U S NAYAK, A RENOWNED SURGEON

Dr US Nayak, a renowned Plastic Surgeon (retired) from Madras Medical College, Chennai and a member of the Sabha, passed away on March 9th, 2016 in Mangalore.

Dr Nayak was not only a dearly loved husband, father, grandfather and brother but also an admired and well respected teacher, mentor and surgeon who touched the lives of many.

He will be greatly missed and always remembered.

## THE CHALLENGES OF LIFE

**P B Athulendranath Sheno**

### Suffering Loss:-

During a course on 'Art of Living', some years back, Guru asked the class a pointed question. What is the biggest loss for a human being? We rushed to give our answers - Loss

of Job, Loss of Money / Property and loss of Prestige / Reputation. Guruji after patiently listening to us all said “The biggest loss for us is the Loss of Mother”. A mother’s love is pure and devoid of expectations, which none can match. We often take her for granted but rush to her in crises or distress. Daughters during their motherhood want to be close to their mothers. The loss of mother cannot be substituted or replaced. For there can be none like her.

### **Loss of other Loved Ones:-**

This includes partners or children’s untimely demise. By blaming ourselves with ‘should have’ / ‘could have’ or cursing God is not going to change the reality. On a spiritual level you can offer prayers and comfort to the soul. On the physical level, you have to learn to let go. You have to pull yourself together and walk on your own life path. Your journey will end someday too, but while you are here make it matter. There will be a gaping void but you have to move on. Let your loved one who is looking down at you be at peace to see you take charge of your life and move forward.

### **The Way Forward:-**

We have lot of expectations in life. This is not wrong. But despite all our planning and precautions, things can go wrong. We have to take it in our stride. Because the truth is as much as you may seek answers, you cannot change anything. What is to happen will happen. What Destiny has ordained for you cannot be changed.

For this also, Guruji had an excellent piece of advice. In such adverse situations the right approach would be- so what? What next? (That has to be done now). We have to remain positive with the thought - ‘Nothing is permanent in life. Just as good times change so will the bad times.’

### **Marriage and Kids:-**

In marriage what is required for harmony, is acceptance, adjustments, less of expectations and more of sacrifice. A positive loving relationship is built on trust and is the day to day building block for a happy married life. Just being in a relationship is not good enough. It will become hard to handle and lose its charm, unless you put an effort into maintaining it, says an article in a popular newspaper.

On kids, I remember reading somewhere that in earlier times parents used to lead the kids, now it is the other way around. Today, kids lead their parents. They are clear about their priorities. Their class teacher and their peer groups are their mentors with whom they want to put up a good show. Kids today are fast and furious and impatient to go into new things. Kids don’t care about who we are, what our position or status is in society. In front of them everyone is equal. In fact many a time, we have to obey their orders.

### **Dealing with Negatives:-**

This is indeed a challenge. They will be all around you, even within the family.

First of all we should learn to remain positive. If our mind constantly dwells on negatives, we end up attracting them – a sure recipe for disaster. The negative emotions are anger, greed, jealousy, violence and hatred. They secrete more acids in the body which would soon lead to several ailments. Remember that the perception of others and what they chose to think of you is not your problem. Dr. Deepak Chopra, eminent author and neuro-endocrinologist, has spelt out this practical advice ‘If somebody tries to insult you or hurt you, it doesn’t mean anything, unless you react to it’. Hence chose not to listen to negative voices. Positive emotions lead to positive action.

By holding on to the bad memories, negative people are so consumed with negativity that when something good enters their life, they don't appreciate it. The good and positive happening now gets corrupted. In essence 'Don't make someone wonderful pay the price for what someone else did to you'.

While dealing with negative people who will not change, despite our best efforts, Guruji had another excellent piece of advice. 'Accept them for what they are, if they want to live in their own world, let them be'. Don't waste much of your time and energy interacting with those who are several steps from your intellectual and spiritual level. It is better to engage with those at par or a level or so away.

## **The Sunset Years**

The traditional picture of the senior citizen happily relaxing with newspaper on his easy chair, surrounded by equally happy children & grand children devoid of mundane worries is somewhat removed from today's reality. A learned friend of mine, who is a teacher once told me, 'We often spend the prime of our youth chasing wealth, at the cost of health and our later years chasing health at the cost of wealth'. It is said money & materials may create conditions conducive for happiness but cannot exactly conduct it. Hence throughout, we should implore God for contentment which alone gives everlasting happiness.

Have a forward thinking mind. When you retire at 60, you are at the peak of your mental prowess with a wealth of experience. Going by the present longevity records you have at least another 2 decades to live. Hence do not drift into the sunset years with no sense of purpose.

After the breakup of the joint family system, 'living solo' is the trend. Do not

be shocked (it is happening all around) or hesitate to live on your own in order to give space to your children to lead their life.

When living solo limit your possessions. Einstein said "The more possessions you keep, the unhappier you are". 'Less' could be really the key to Happiness'. Also it is a golden truth that a few close friends are better anytime than a huge social Directory of people who couldn't care less. Besides activities like travels, reading and entertainment, the trick is to ensure some daily tasks that require you to dress up and step out. Remember all this presupposes good health and assured income.

Loneliness and depression is another risk factor during the Sunset years. Elders often suffer from fear and anxiety about the safety and well being of their loved ones who are away. Depression is the 3rd major ailment today after diabetes & hyper tension. Hence do not allow fear and anxiety to overtake you. Trust in God, thank Him and have faith in the power of your prayers. Studies have shown that face to face socializing and telephonic conversations are more powerful than SMS's & E-mails to ward off depression.

## **ENS ( Empty Nest Syndrome)**

This is a high risk factor for women who have devoted their whole life to parenting their children. Women may feel (after their children leave them) that they have suddenly lost their purpose in life. They miss the self-appraisal and sense of feeling good owing to close involvement in their child's upbringing and success.

Mr. Azhar Hakim a psychotherapist says "ENS is not a disorder, it's a phase". Look at it as an opportunity to go after other pursuits or passions that thus far you did not have time to pursue.

Remember wherever your children are, you will always be their mother. In the words of another psychiatrist, 'In India, the umbilical cord between the mother and her children (especially sons) is never really severed. There is great truth in this.

To conclude what then is the essence of life? Maintaining balance is the key to the essence of life. This was told by Lord Krishna in the Bhagavad Gita to a query raised by Arjuna. Hence maintain emotional balance, never be judgemental, try to find the middle path.

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## MULTI-TASKING, A WAY OF LIFE

**Dr Vidya Nayak**

The same 24 hours exist for all. However, some achieve a tremendous amount in their life time while others trail behind. Multi-tasking has existed for time immemorial. In the old days, when families were large and tasks were many, I recollect how my mother used to rock the cradle with a string tied to her toes while simultaneously cleaning grains and supervising my homework. This was typical for most large families.

With the advent of electronic devices multi-tasking has created its own problems. One school of thought suggests that multi-tasking is risky since your attention is divided. For example, using a cell phone while driving or crossing the road can be dangerous. While using cell phones, there should be presence of mind if not you are likely to get into an accident while walking or driving.

I feel multi-tasking can help achievers a lot if done correctly. Multiple tasks where one task needs focused attention while others are more mechanical can be combined in unison to save a lot of time. For instance, while on a long commute on the bus or train, I used to

prepare my to do list for work. On the return journey, I would plan my task list for the evening and the next morning or catch up on reading or an embroidery project. Likewise, exercising on the treadmill while the rice cooker is on and watching the news on the TV simultaneously saves much needed time. Students and young adults often complain that there is no time for exercise. Ideally, they could do some of their studying while walking in the garden or terrace. Music lovers can combine enjoying listening to instrumental music in the background with projects which require concentration. However, music with lyrics can prove to be distracting and make it harder to focus on projects that need your attention.

Many people today have become so addicted to soap operas and TV shows so that hours are spent in front of the TV and precious time is lost for daily household tasks such as chopping vegetables or sewing etc. Working women can accomplish more if they combine tasks effectively. For example, they can walk to the food market or park at the farthest point from their office so that they can get their exercise while also getting shopping or work done.

Multi-tasking can be safe and efficient if tasks are planned well and combined effectively. Don't tax your brain and get into trouble. Multi-tasking does not have to be done all the time but can be done when the need arises. Take the glorious example of the Lord almighty who created all of us and takes care of us all simultaneously. We too could try to do so in the same fashion to some extent.

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## THE DAY MY DAD RETIRED

**Vidya R Prabhu**

"How was your day? ", I asked my dad apprehensively . "It was exactly like any

other”, he replied. I was mildly surprised. There had to have been at least something different. This was his last day at work. He was retiring from active service that day after a long stint at Ashok Leyland.

We were headed for the party his colleagues were throwing for him. We were driving there in his nice air-conditioned car. A long cherished dream of his. Back when I was in school, my father used to drop us, my brother and me, on a two-wheeler. I remember how excited our whole family became, when we progressed from a TVS champ with a baby seat attached at the front to a proper motorcycle, with four gears that had a fuel tank in the front that could seat two small kids. He didn't know how to ride such a bike but he was confident that he could learn it. A small time mechanic from a nearby shop offered to teach him and pretty soon he was all set. He never went very fast but he wasn't very slow either. It was the greatest thrill for me, to get a good hold on the seemingly huge handle bar (compared to the TVS champ) and pretend that I was assisting with the driving too. We would go places, the four of us on that motorcycle. It was such a big deal for us, then.

Such small improvements were always there. My father also decided to get himself another degree while he was working. The idea had seemed so outlandish to me back then, that full grown-ups ought to sometimes take exams too. He could often be found thumbing his way through thick books on Law and photocopies with extremely small font. My mother had decided to join a similar pursuit as well. It so happened that all four of us had an exam on the same day and we were all up at the break of dawn trying to cram.

It sometimes feels like all that was from another age. Time as it always does fly past so quickly that you sometimes wonder if things

you recall as memories really did happen. My brother and I have grown far too big to fit atop the fuel tank of a bike. Now that we have jobs, we have little time for small things. And here we were, all of a sudden, on father's last day at work.

To hear his colleagues speak about him was like getting to know a new side of a man we thought we knew completely well. My brother for one, having been used to constant father-son squabbles, must have been quite stunned to see that one of father's closest companions and coffee-break friends was a boy who was around his age.

Father's boss told us a heartwarming story of how he had been willing to forego his last salary increment and his friends recalled how even the company's MD used to consult him for cricket tactics during his playing days. “A cricketer at heart”, quipped another, who appreciated his quiet dedication.

Bouquets and plaques were given, many more anecdotes were recited, a delicious dinner was served and that was all. The last day had come to an end. Like my father said in his speech that day, this job had given him everything. Starting out with a meager salary of a hundred rupees a month, he had risen to the level of being able to support both his children through college during times when the prices of everything had at least tripled or quadrupled.

As we drove back home that day, I asked my father what he was going to miss the most about office. “Everything”, he said, “but anything is good only so long it lasts... it has to come to an end one day”. He seemed to look forward to all the time he would suddenly have on his hands.

## S.G.S. SABHA CHARITABLE TRUST

### U. Prabhakar Rao, Managing Trustee

With utmost sorrow we inform you that out of the 7 Founder Trustees, 3 Trustees,

Sri K.R. Shenai, IPS., Sri K.R. Kamath and Sri K.R. Baliga passed away during last one year. Sri C.J. Nayak, another Founder Trustee, resigned from the Board of Trustees for technical reasons. Mr. Suresh B. Shanbhogue was admitted as a Trustee in May 2016. The present Trustees are.,

1. Mr. U. Prabhakar Rao,  
Founder Trustee and Managing Trustee
2. Mr. A. Arjuna Pai,  
Founder Trustee and Hon. Treasurer
3. Mr. Gopal M. Shanbhag,  
Founder Trustee
4. Mrs. Vijayalakshmi R. Pai, Trustee
5. Dr. (Mrs.) Shantha Kamath, Trustee
6. Mr. Suresh B. Shanbhogue, Trustee

We are in the process of admitting new trustees in the Board.

One of our resident V.P. Mallya passed away on the night of 31st May 2016. 2 residents were admitted in the Old Age Home in the month of March 2016. We have at present 13 residents.

As on 31st March 2016 the investments of the Trust exceeded Rs.1 crore. The Trustees thank all donors, for making this possible.

The 1st floor of our building is well equipped for a Marriage Hall and is available at an affordable cost of Rs.15,000 for one day for our community members. Our members are requested to make use of this Hall and there by enhance the resources of the Trust for more charitable activities.

Mrs. Deepa Shenoy continues her good work of lecturing to the residents on religious matters. Bhajan classes are conducted by Mrs. Vijayalakshmi R. Pai. Dr. (Mrs.) Shantha Kamath has been advising the residents on health care regularly. Our thanks to all of them for their excellent contribution.

We express our grateful thanks to the donors who sponsored for 147 days under the "One Day Expenses Scheme" from July 2015 to June 2016. We appeal to our members to celebrate special occasions such as birthdays, wedding anniversary etc. by contributing Rs.2,500/- under this scheme.

The donations to the Trust are eligible for Income Tax concession under Sec. 80G. Cheques drawn in favour of "SGS Sabha Charitable Trust" and may be sent to the Trust Office, at Dr. K.P. Mahale Centre, New No.17, (Old No.3), Ujjini Devi Street, Ayanavaram, Chennai – 600 023. Telephone: 2644 9585.

## TRADITIONAL KONKANI RECIPES

Vidya Bhat

### Churmundoo

#### Ingredients

Rava: ¼ cup

Wheat flour: 1 cup

Ghee: 150 gms

Cashew (broken and fried in a little ghee) 50 gms

Sugar: 1 ½ cup

Elachi powder: 1 spoon

## Method:

Heat 100 gms ghee in a kadai. Add rava and fry till it turns light brown. Add wheat flour and fry till golden brown. Let it cool. In the meantime, powder sugar nicely in a mixer. Add sugar, elachi powder, fried cashewnuts with the rava and wheat flour. Add the remaining ghee and mix evenly and make the laddus.

## Poha chutney

### Ingredients:

Poha (fine variety) 250 gms

Jaggery 100 gms

Coconut grated: 1 no.

Tamarind: small piece

Dhaniya 2 tsp,

Jeera 1 tsp,

Turmeric powder: ¼ tsp,

mustard 2 tsp,

Red chilli 12 nos,

oil 2 tsp,

Asafoetida ¼ spoon

Salt to taste

### Method:

Step: 1) Fry mustard till they start popping. Keep aside.

Step 2) Fry daniya, jeera, turmeric powder, red chilli, asafoetida and tamarind in oil till golden brown. Then grind them in a mixer with coconut and jaggery to a coarse powder without water. Add mustard and the coarse powder to the poha. Add salt and mix well. Garnish with coriander leaves.

## TODAY'S REALITY

BIG HOUSE	-	SMALL FAMILY
MORE DEGREES	-	LESS COMMON SENSE
ADVANCED MEDICINE	-	POOR HEALTH
TOUCHED MOON	-	NEIGHBOURS UNKNOWN
HIGH INCOME	-	LESS PEACE OF MIND
HIGH IQ	-	LESS EMOTIONS
GOOD KNOWLEDGE	-	LESS WISDOM
FRIENDS ON FACEBOOK	-	NO BEST FRIENDS
LOTS OF HUMANS	-	LESS HUMANITY
COSTLY WATCHES	-	BUT NO TIME

## WE REPEAT OUR REQUEST

Please inform the Sabha Office as soon as there is any change in your address to avoid inconvenience or non-delivery of letters. We still receive quite a large number of communications addressed to our members returned undelivered for want of information of change of address. We appeal to members who have not furnished their e-mail addresses to the Sabha to do so now as most of the members are yet to furnish their e-mail addresses.

## WE MISS THEM

Since the publication of the last Newsletter No. 45 in August 2015 the Sabha has come to know about the sad demise of the following members:

Dr. R. Prabhakar, Chennai	04/10/2015
G. Vittal Rao, Chennai	06/10/2015
M. Narasimha Hegde, Chennai	01/10/2015
Mrs. K. Suseela, Chennai	16/10/2015
K.R. Shenai, Chennai	19/10/2015
Mrs. Prema Vasanth Kumar, Chennai	09/11/2015
Mrs. K. Kamala, Chennai	10/11/2015
K. Ramachandra Baliga, Chennai	14/11/2015
R.M. Kasbekar, Chennai	21/11/2015
B. Mahesh Baliga, Chennai	14/12/2015
K.N. Shenoy, Chennai	31/12/2015
Mrs. Nirmala M.Pai, Chennai	01/01/2016
Mrs. Vijaya Mohan, Chennai	03/03/2016
Dr. U.S. Nayak, Mangalore	09/03/2016
M. Kalidas Rao, Chennai	09/03/2016
U.P. Nayak, Bengaluru	09/03/2016
Mrs. M. Geetha Kamath, Chennai	17/03/2016
M.S. Nayak, Chennai	04/04/2016
Mrs. B. Sarojini Shenoy, Chennai	02/05/2016
T.N. Ramanathan, Chennai	22/05/2016
V.P. Mallya, Chennai	31/05/2016
G. Ramachandra Rao, Chennai	04/07/2016
S. V. Karnad, Chennai	Date not known

